

## WAS CURED RAPIDLY

RHEUMATISM IN TWO SEVERE CASES  
MASTERS IN FEW WEEKS.

The Remedy Used by Mr. Schroepel and  
by Captain Balfour in Great Demand in  
Vicinity of Their Homes.

In the winter of 1902-3 Mr. Schroepel was confined to his bed by a severe attack of rheumatism. His doctor's treatment proved unsuccessful, but he subsequently regained his health by means which he describes with great enthusiasm.

"After five or six weeks of helplessness and pain," said he, "during which I was receiving regular visits from the doctor, I felt as bad as ever. Just then my mother, a woman eighty years of age, paid me a visit. She had received great benefit from Dr. Williams' Pink Pills, and she was confident they would help me. At her solicitation I gave up the doctor's treatment and took the pills in its place."

"And were you cured as the result of taking her advice?"

"Yes, quickly and thoroughly. Before the second box was finished I felt very manifest improvement, and within two weeks I was able to leave my bed and take up my neglected farm work. I continued to use the pills, however, until eight boxes had been taken, although long before that I felt that every vestige of the disease had been eradicated."

"Are there no traces left?"

"Absolutely none. For a year and three months there has never been the slightest return of the old trouble. For this happy result I and my family freely praise Dr. Williams' Pink Pills."

Within the bounds of China township, St. Clair county, Mich., there is no better known farmer than Mr. Henry Schroepel. His cure has therefore naturally attracted a great deal of attention. One of Mr. Schroepel's neighbors, Captain George Balfour, after hearing of the salutary results in Mr. Schroepel's case, decided to try Dr. Williams' Pink Pills for an attack of rheumatism from which he was himself suffering. He took eight or ten boxes and now declares himself free from the painful ailment.

It is little wonder that Dr. Williams' Pink Pills are much in favor in the community where Mr. Schroepel and Captain Balfour are so well and favorably known. They are sold by all druggists and are equally successful in curing neuralgia, sciatica and partial paralysis.

Women can manage a flirtation and avoid producing ugly complications.

### RAW ITCHING ECZEMA

Blotches on Hands, Ears, and Ankles  
For Three Years—Instant Relief  
and Speedy Cure by Cuticura.

"Thanks to Cuticura I am now rid of that fearful pest, weeping eczema, for the first time in three years. It first appeared on my hand, a little pimple, growing into several blotches, and then on my ears and ankles. They were exceedingly painful, itching, and always raw. After the first day's treatment with Cuticura Soap, Ointment, and Pills, there was very little of the burning and itching, and the cure now seems to be complete. (Signed) S. B. Hegge, Passenger Agent B. & O. R. R., Washington, D. C."

Luck is a constant visitor at the home of perseverance.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 8-oz. packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

He who has a noble impulse walks a moment with God.

**TO CURE A GOLD IN ONE DAY**  
Take Laxative Bromo Tablets. All drug stores refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

The swelling purse often marks the thriving soul.

Insist on Getting It.

Some grocers say they don't keep Defiance Starch. This is because they have a stock on hand of other brands containing only 12 ounces in a package, which they won't be able to sell first, because Defiance contains 16 ounces for the same money.

Do you want 16 ounces instead of 12 ounces for same money? Then buy Defiance Starch. Requires no cooking.

If our neighbors were only as good as we are, lawyers would starve.

**FITS** permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE 64c. trial bottle and treatise. Dr. R. H. Kline, Ltd., 233 Arch Street, Philadelphia, Pa.

And who has learned his littleness has set foot on the way to greatness.

**Important to Mothers.**  
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Watson*  
In Use For 30 Years  
The Kind You Have Always Bought.

He that loses a friend is careless.

You never hear anyone complain about "Defiance Starch." There is none to equal it in quality and quantity; 16 ounces, 10 cents. Try it now and save your money.

## LEGISLATURE of NEBRASKA

A Synopsis of Proceedings of the Twenty-Ninth General Session.

**SENATE**—The senate on the 7th recommended for passage S. F. 45, by Giffin, known as the bulk sales law. The bill had been amended by the judiciary committee so that it required a merchant contemplating selling his business to file such notice with the county clerk five days before turning over his stock to the purchaser. These bills were placed on general file. S. F. 129, by Epperson of Clay—Providing for a suspension of sentence in case of wife abandonment. S. F. 98, by Giffin of Dawson, providing that irrigation districts have the right to condemn private ditches and take them over by paying appraisers' prices. S. F. 13, by Lavery, to prevent the illegal expenditure of public funds. S. F. 117, by Williams of Otoe, created some discussion, and finally was recommended to the committee on insane hospitals. This bill provides that the word "insane" shall be stricken from the title of the insane hospital at Hastings. S. F. 139, on motion of Jones of Otoe, was recommended to the committee on commerce and manufactures. This bill compels millers to print on sacks and bags the number of pounds of flour or cereal contained therein. These bills were introduced and read a first time: S. F. 166, by Harsh, to compel railroads to furnish equal facilities between elevators for the shipment of grain. S. F. 167, by Tucker, of Richardson, provides for the sale of school lands to school districts or cemetery associations and provides that any person who prior to 1897 held educational lands by contract or lease may purchase the same within two years from the date this bill becomes a law.

**HOUSE**—The house in committee of the whole on the 7th, recommended for passage the McMullen bill, compelling the practitioners of Christian Science to pass the same examination before the State Board of Health which medical physicians are required to pass. Opponents of the bill pronounced the measure a stroke at religious liberty, while friends of the measure declared it was legislation to compel medical physicians and others to possess certain qualifications before practicing medicine or the cure human disease. H. R. 65, by Jackson of Antelope, providing for the parole of first and second degree murderers serving life sentences in the penitentiary after ten years, was recommended for indefinite postponement. Bills introduced included: H. R. 236, by Foster, Davis and Junkin—An act to fix maximum charges for the transportation of freight on railroads, penalties for the violation thereof and to repeal the present law. The bill decreases the present rates on an average of 10 per cent on about thirty leading articles of commerce. H. R. 238, by Smith of Burt—An act to encourage the improvement, breeding, cultivation and to extend the use of corn. H. R. 242, by Currie of Dawes—An act to increase the power of county treasurers for the collection of personal taxes of decedents.

**SENATE**—After a hard fight in the senate on the 8th, Sheldon of Cass succeeded in saving his bill, S. F. 7, providing that a 2-mill levy be made to pay off the state debt, from an early grave, though it was amended to provide for a 1-mill levy. The vote to indefinitely postpone the bill was 15 to 15, and under a ruling by President Jennings the bill will retain its place at the head of the general file. S. F. 1, by Thomas of Douglas, providing the firemen of Omaha shall be divided into two shifts to work twelve hours each, was passed. These bills were introduced and read a first time: S. F. 172, by Thomas of Douglas—To provide for the use of ropes as fire escapes in hotels. S. F. 173, by Dimery (upon request of H. M. Eaton, land commissioner)—Allowing the commissioner of public lands and buildings to use his discretion about selling Nebraska property used at the St. Louis exposition.

**HOUSE**—Immediately upon convening on the 8th, the house went into committee of the whole and recommended for passage H. R. 49, by Ernst, of Johnson, providing for the establishment of a binder twine plant at the state penitentiary. The committee recommended for passage H. R. 101, by Kaley of Webster, after a brisk fight. This bill appropriates \$15,000 for Nebraska's participation in the Lewis and Clark exposition at Portland, Ore. The bill also provides for the appointment by the governor of a commission to look after the state's interest in this regard. This money is to include the balance from the state and the railroads' appropriation to the World's fair for Nebraska, the railroads giving \$25,000. The finance, ways and means committee having reported back without recommendation P. R. 164, by McMullen of Gage, appropriating \$30,000 for the Cobbley statutes, McMullen moved that it be placed on general file. The motion prevailed. These bills were introduced in the house: H. R. 245, by Jahnel, of Washington, to permit the use of seines, nets and other devices for fishing in the Missouri river. H. R. 246, by Jahnel, to provide that the game laws shall not apply to any boundary stream except so much as shall be within 100 feet of the mouth of any stream in Nebraska tributary thereto. H. R. 247, by Rouse of Hall, to require livery stable keepers to

have posted schedules of prices of their rates and to provide penalties for defrauding livery stable keepers. H. R. 248, by House, providing for the payment of premiums on surety company bonds when given by persons acting in a fiduciary capacity. H. R. 249, by Knox of Buffalo, providing that boards of directors of city and town libraries shall be composed of five members instead of nine.

**SENATE**—These bills were passed in the senate on the 9th: S. F. 103, by Saunders of Douglas, a joint resolution proposing an amendment to the constitution providing that one-sixths of a jury may return a verdict in civil cases and that the legislature may provide that a jury may consist of less than twelve men. S. F. 102, by Saunders of Douglas, providing that the legislature may fix the salaries of executive officers. S. F. 46, by Shreck of York, providing that railroads must furnish transportation to parties shipping stock. S. F. 48, by Giffin of Dawson, the bulk sales law. S. F. 62, by Meserve of Knox, providing a penalty for anyone practicing law without first having been admitted to the bar. S. F. 66, by Jones of Otoe, taking the boundary streams from the jurisdiction of the game laws of the state. S. F. 79, by Giffin of Dawson, providing that irrigation districts may publish the proceedings of meetings. S. F. 101, by Saunders of Douglas, providing that the constitution be amended to establish courts of appeal inferior to the supreme court was defeated. S. F. 155, providing that the capital stocks of banks shall be not less than \$10,000, was referred back to the committee for amendments. Sheldon's bill to make a 2-mill levy for the purpose of paying off the state debt was recommended for passage. New bills introduced included: Regulating collection of poll taxes in cities of the first class and allowing a levy of 25 mills for improvement of highways. Fixing price of fish spawn to be placed in private ponds. To permit schools to draw their share of state appropriation when closed by an epidemic or because building has been destroyed.

**HOUSE**—The house passed these bills on the 9th: H. R. 145, by Roberts of Dodge, permitting towns along the Platte valley to improve roads six miles out and tax it up to the municipality. H. R. 117, by Hill of Hitchcock, appropriating \$5,000 for the measurement of water used on irrigated areas, and the making of other beneficial experiments in determining the best methods of irrigation. H. R. 29, by Burns of Lancaster, to appropriate \$240 to reimburse former Attorney General Pratt for premium on his surety bond. H. R. 67, by Hill, authorizing the printing and distributing of the biennial report of the secretary of the State Irrigation board. H. R. 146, by Hand of Cass, providing for the registration of automobiles and the regulation of their speed—Vote 60 to 14. H. R. 165, by McMullen of Gage, compelling practitioners of Christian Science to submit to the same examinations regulating medical physicians and others who treat human disease—Vote, 57 to 28. The house refused to say that the game of football shall never again be played in Nebraska by voting for indefinite postponement of the Cunningham bill, after a persistent fight lasting a couple of hours. These bills were introduced: H. R. 250, by Wilson of Pawnee, the salary bill; total appropriation \$1,095,960. H. R. 251, by Currie of Dawes, an act providing for the inspection of horses about to be driven or shipped out of the state. H. R. 252 by Doran of Garfield, an act to require railroad companies and common carriers to erect and maintain a side track or switch, extending a reasonable length, the outer edge of which shall be at least within four feet of the outer edge of the right-of-way, to any elevator or elevators erected by any firm, corporation, association, person or persons for the purpose of buying, storing and shipping grain.

**SENATE**—The senate was in session until noon on the 10th and then adjourned until Monday. The receipt of a telegram from Congressman Burket announcing the appointment of Senator E. A. Tucker of Richardson county to be a federal judge in Arizona occasioned pleasant surprise to the members, when the fact became known. During a lull in the proceedings Senator Epperson introduced a resolution endorsing the appointment and congratulating the gentleman from Richardson and the people of Arizona. S. F. 59, providing for the consolidation of the Home of the Friendless with the Milford Industrial School was passed by a vote of 21 to 8. With Fries of Valley in the chair, the committee of the whole recommended for passage H. R. 77, providing for the creation of a registrar of vital statistics, and S. F. 21, compelling drivers of threshing machines to lay planks across bridges and culverts before crossing and to detach the engine from the separator. The penalty was decreased to a fine of not to exceed \$25. These bills were placed on general file by the standing committees. S. F. 83, by Cady of Howard, providing a penalty for impersonating a lodge officer. S. F. 136, by Epperson

of Clay, providing for the appointment of referees in civil actions. S. F. 139, by Thomas of Douglas, defining house-breaking and providing penalty. S. F. 142, by Bessie of Sheridan, providing no divorce shall be granted unless parties have resided in Nebraska at least one year before application is made. S. F. 133, by Wall of Sherman, allows appeals to district court from decision of county boards of equalization. S. F. 95, by Wall of Sherman, providing after judgment shall have been dormant for five years no execution shall be issued upon the same.

**HOUSE**—The house on the 10th listened to the reading of the report of the committee on public lands and buildings. The report was adopted. Pursuant to this report the house, in committee of the whole, adopted a finance, ways and means committee amendment to H. R. 20, by Hogrefe of Richardson, cutting down the appropriation for the improvement of the Norfolk insane asylum from \$50,000 to \$35,000. The appropriation is to repair the wing of the building which was destroyed by fire. The house passed these bills: H. R. 1, by Burns, a curative measure, to place two relative sections of the statutes under one head. H. R. 105, by Bartoo of Valley, permitting the consolidation of reinsurance of risks in fraternal beneficiary societies without new medical examinations. These bills were introduced: H. R. 254, by Lee of Douglas, an act providing that no goods made or manufactured in a penitentiary, prison or reformatory, or other institution in which convict labor is employed, shall be sold or exposed for sale in this state knowingly, without labeling them as "convict made." H. R. 255, by Jahnel of Washington, the bridge bill. H. R. 256, by Casebeer of Gage, an act to establish a hospital for crippled, ruptured and deformed children and those suffering from diseases from which they are likely to become deformed, to provide for their education and for the location and government of said hospital, substitute for H. R. 46.

### Freight Rate Bill.

Following is a text of the freight rate bill introduced in the house on the 7th by Foster, Davis and Junkin:

Section 1.—It shall be the duty of every railroad company operating and doing business in the state of Nebraska, within ten days after this act goes into effect, to file with the secretary of state a true and correct statement of the rates in force or charged by said company between all points in Nebraska for the transportation of every article of freight on January 1, 1906.

Sec. 2.—It shall be unlawful for any railroad company to charge or receive for the transportation of any article of freight between stations in the state of Nebraska a higher rate than 10 per cent below the rate in force or charged by said company for the same or like service on the last day of January, 1905. Cattle, horses, mules, sheep, hogs, poultry, corn, wheat, oats, barley, rye, meal, bran, split ground peas, beans, potatoes, turkeys, onions, hay of all kinds, fresh fruit of all kinds, lumber, coal, flour, brick, stone and cement.

Sec. 3.—It shall be unlawful for any railroad company to charge or receive for the transportation of any article of freight between stations in the state of Nebraska a higher rate than 10 per cent below the rate in force or charged by said company for the same or like service on the last day of January, 1906.

Sec. 4.—It shall be unlawful for any railroad company operating and doing business in the state of Nebraska to charge or receive for the transportation of freight for any specific distance within said state a greater sum than it charges or receives for a greater distance.

Sec. 5.—Any person who shall make oath or affirmation to any false information, or any statement required by section 1 of this act, shall be guilty of perjury, and upon conviction thereof shall be punished accordingly.

Sec. 6.—The secretary of state shall keep on file in his office all statements required by section 1 of this act. Upon receipt of any such statement he shall file the same in his office, under his official seal, shall certify to any information or information thus authenticated shall be admitted in evidence in any court of competent jurisdiction in the state of Nebraska; but the facts may also be proven by any other competent evidence.

Sec. 7.—Any railroad company or officer or agent thereof who violates or evades any of the provisions of this act shall be liable to the person injured for all damages sustained by reason of such violation.

Sec. 8.—Any railroad company or officer or agent thereof who violates any provision of this act shall, upon conviction thereof, be fined not less than \$50 and not exceeding \$100 nor less than \$50.

### Amending Liquor Laws.

S. F. 182, introduced by Gibson of Douglas county on the 10th, amending the laws relating to the granting of liquor licenses, has for its object the divorce of the liquor business and the social evil. The amendment provides this:

That on and after January 1, 1906, no license shall be granted to any applicant for the selling or giving away of any intoxicating, malt, spirituous, vinous, mixed or fermented liquors whose premises are occupied or used in whole or in part for any unlawful or immoral purpose. Provided further, that on and after January 1, 1906, no license shall be granted to any applicant for the selling or giving away of any intoxicating, malt, spirituous, vinous, mixed or fermented liquors whose premises are located in any building, any part of which is occupied or used for unlawful or immoral purposes, or whose premises or building is located within 500 feet of a house of ill-repute, ill-fame or prostitution. Provided further, that on and after January 1, 1906, it shall be the duty of the authorities having power to grant licenses for the selling or giving away of any intoxicating, malt, spirituous, vinous, mixed or fermented liquors to immediately revoke any such license theretofore granted, upon receiving information or proof that the premises where such licensed business is located are used in whole or in part for unlawful or immoral purposes, or are within 500 feet of a house of ill-repute, ill-fame or prostitution.

### Splendid Granite Pillar.

In Oakwood cemetery at Troy, N. Y., there is a granite monument erected to Gen. John E. Wool on the style of an obelisk. The needle is one solid piece and is one and a half feet longer than the obelisk in Central park, New York. It was cut in this country, in the state of Maine.

## TOLIVE LONG AND WELL

How Tuberculosis and Kindred Ills May Be Avoided, Alleviated and Cured.

### Suppression of Consumption.

Tuberculosis can be suppressed. It is not necessary for a person to die because he has consumption. Thousands of men and women have been sacrificed who might have been alive to-day if only the right procedure had been adopted. That which is necessary for the mastery of this disease is to return to nature—to live naturally in the fresh air, develop the lungs and eat proper food.

Tuberculosis is a low-level disease. People are not subject to it until their tissues have become vitiated and their whole bodies weakened.

To live a natural life is the only safeguard against tuberculosis. One climate may do as well as another if only one lives out of doors, gets plenty of cold, fresh air, bathes the body with cold water several times a day, and takes as much exercise as he can stand.

### Child Labor in Factories.

The physician in attendance at a municipal lodging house in Chicago has within the past year been making a careful inquiry into the history of the tramps who have become the city's guests. He has found that a large proportion of the tramps give a history of having been employed in factories or in other debilitating occupations in boyhood. Our artificial modern life is making multitudes of human wrecks, one class of whom is represented by the homeless, friendless, disheartened men known as tramps. Fortunately, indeed, are the boys and girls who live in poverty homes and have the opportunity of growing up in contact with nature.

### How do You Eat?

It is safe to say that modern cooking develops business for both the saloonkeeper and the undertaker. When a few cats mustard plasters in the form of food that is almost saturated with fiery spices and irritating condiments, a thirst is created that nothing but liquor or cigarettes will satisfy. Man is admonished to "eat for strength, and not for drunkenness," but in these days anything that will tickle the four square inches of taste surface is considered good food, although it may contain scarcely any of the elements that nature requires to replace broken-down tissues and to rebuild the worn-out brain. As a consequence, the vitality and physical resistance soon reach such a low ebb that the individual falls an easy prey to any microbe with which he may chance to come in contact.

### Tent Life Cures Consumption.

A doctor in Denver some time ago made some experiments with consumptives. A tent colony was established a little way out of Denver, and the patients progressed fairly well during the first part of the winter. But by and by there was a blizzard, and the thermometer went down to 20 degrees below zero, and then they began to improve very fast. One woman did not seem to improve at all until the temperature reached this mark, and then she improved rapidly. She had no appetite, but that 20 degrees below zero weather gave her an appetite, which was an indication that the body was beginning to work naturally, that the assimilative processes were being resumed, and from that time she kept on improving.

Metal will rust if not used, and the body will become diseased if not exercised.—Exchange.

### Condiments Create False Appetite.

There is absolutely no food value in mustard, pepper, ginger, capsicum and such things, and some of them, spiced pickles, for instance, are indigestible as sawdust. But these things, people say, have a relish. Those who have a good, healthy appetite do not feel the need of anything of that sort for a relish.

A condiment is something which creates a false demand for food. It enables us to eat when we really have no appetite. Appetite is an evidence of gastric juice with which to digest food. Lack of appetite is an evidence that one is not in a condition to digest food. But a condiment often produces a false impression resembling appetite, making one think that he is ready for food when he is not. It is, therefore, a deceiver, to be especially avoided by those who have no appetite. Mustard, pepper, spices of all sorts are enemies to health.

If my next door neighbor chooses to have his drains in such a state as to create a poisonous atmosphere, which I breathe at the risk of typhus or diphtheria, he restricts my just freedom to live just as much as if he went about with a pistol threatening my life.—Prof. Huxley.

### Natural Cure for Tuberculosis.

A Swedish doctor some fourteen or fifteen years ago succeeded, by a very crude method, in curing patients who have been given up to die. His practice was first of all to rub the patient three times a day with a towel wet in very cold water. A little later he put the patient in a tub of water at about 60 degrees, rubbing him vigorously for about a minute, and later, as the patient became better able to endure the cold water, he was plunged into a tub full of ice water. This was done three times a day. Think of those poor consumptives! Nevertheless they got well. The cold water, with the rubbing following, produced

such a powerful reaction that the whole body was stimulated to increased vital activity and recovery followed.

Here is another case: A young man in New York who was getting ready to go to the Klondike went into practice, to convince his friends that he would not freeze to death. Out of a large buffalo robe he made a bag, pitched a tent in the back yard and slept in the tent in the buffalo bag, all the winter, without suffering any injury from the cold.

And another: A cultured lady in New Jersey who made up her mind that she needed a little hardening, slept out of doors all last winter. She had her bed put out on the second-story veranda, and an awning put up, with a net around it to keep the night hawks away. Plenty of clothing was provided, a cap worn to keep the ears from freezing, and she got along so well that she slept out of doors the entire winter.

### A National Error.

Our cities are growing so rapidly that only about one-half of our population are now living in the country. Dr. Gould, speaking of the wrong of shutting men and women up in houses and forcing them into sedentary occupations, says: "There is enough land and opportunity, if both were allowed and utilized, to give every human being a livelihood that will permit life of a normal length." He adds, that with proper hygienic living, especially in youth, and with right lung expansion and development, no person should have tuberculosis.

### Home Sanitariums.

In New York city consumptives are building little huts on the tops of the houses, and are recovering. Outside New York, Boston, and other large cities, tent colonies, where consumptives can live out of doors, are being established. Every city ought to have outside it a camp where tubercular patients can live and get well. The air inside the city is not so good as it is outside; but on the tops of the houses, where the sun can shine, it is a great deal better than it is in the damp, dirty buildings in which most city people live.

### Some "Don'ts" About Dress.

Don't dress the neck too warm when going out in cold weather. A little extra protection is required for the ears, but it is not necessary to muffle up the neck with thick furs to protect the ears. Warm wrappings about the neck cause the skin of the neck to become moistened with perspiration. When the wrappings are removed indoors, the slow cooling which takes place in consequence of the evaporation chills the part, and may produce sore throat or nasal catarrh.

Don't wear rubbers indoors, nor out of doors, except when it is necessary to prevent wetting the feet. Rubbers, being impervious to air, prevent evaporation, so that the perspiration is retained, and the shoes and stockings become damp from the perspiration. When the rubbers are removed, evaporation chills the feet, the same as if they had been wet by the rain or by walking on a wet pavement. On removing the rubbers after they have been worn for some time it is a good precaution to remove the shoes and stockings and put on dry ones. If this cannot be conveniently done care should be taken to keep the feet warm until the shoes are dry. The rubbers should be dried before wearing again.

### SOME WHOLESOME RECIPES.

#### Green Pea Soup.

Press through a colander one can of green peas. Add to this two cups of water, one teaspoonful of salt and one heaping tablespoonful of coconut butter. Cook in a double boiler until the butter is melted. Dried peas may be used by first cooking until tender, then pressing through a colander.

#### Hoeecake.

Brown slightly together in the oven two cupfuls of cornmeal, four tablespoonfuls of flour, two teaspoonfuls of sugar and two-thirds teaspoonful of salt. Heat one cupful of rich milk, add this mixture to it, beat it until cold. Add to this the beaten yolks of four eggs, lastly fold in the stiffly beaten whites. Drop by spoonfuls on a hot oiled tin and bake twenty minutes.

#### Vegetable Salad.

Wash three medium sized potatoes, and steam until tender. Peel and cut into one-fourth inch cubes. Add one cup of celery, chopped fine, one teaspoonful each of salt, celery salt, and grated onion, and the whites of three hard-boiled eggs, chopped fine. Mash the three hard-boiled yolks, add three tablespoonfuls of lemon juice and two of olive oil; beat until smooth. Pour this over the salad. Garnish with either lettuce or parsley.

#### Mince Pie.

Five cups of tart apples, chopped fine; five cups of potato, minced; one cup of prune marmalade (prunes thoroughly cooked, seeded and pressed through the colander); two cups boiled apple juice (boil the juice down until it is almost as thick as syrup); one cup of crushed nuts (walnuts or pecans); one cup of malt honey, one-half cup of sugar, one cup of raisins, butter the size of an egg. Cook all the ingredients (except the raisins) together slowly for two and one-half or three hours. Cook the raisins about half an hour. This is enough for five large pies. It may be sealed in glass cans and kept for any length of time.